



Italian Onion Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 stalk celery diced
- ☐ 2 cucumbers cubed
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon ground pepper black
- ☐ 8 ounce 1/2 (8 ounce) bottle zesty italian-style salad dressing italian-style
- ☐ 1 onion diced red
- ☐ 1 tablespoon sea salt

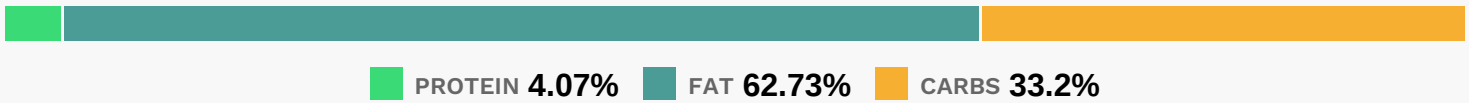
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine cucumbers, red onion, bell pepper, and celery in a large bowl; season with sea salt and black pepper.
- ☐ Pour dressing over cucumber mixture.
- ☐ Cover bowl with plastic wrap and refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:8.8086957102237%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 173.68kcal (8.68%), Fat: 12.31g (18.95%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 12.36g (4.49%), Sugar: 10.21g (11.35%), Cholesterol: 0mg (0%), Sodium: 2320.22mg (100.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin K: 48.61µg (46.3%), Vitamin C: 31.29mg (37.93%), Manganese: 0.28mg (13.87%), Vitamin B6: 0.22mg (11.06%), Potassium: 376.84mg (10.77%), Vitamin E: 1.43mg (9.56%), Fiber: 2.31g (9.24%), Folate: 32.88µg (8.22%), Copper: 0.16mg (7.96%), Magnesium: 28.56mg (7.14%), Vitamin B1: 0.09mg (6.01%), Vitamin A: 286.67IU (5.73%), Phosphorus: 57.12mg (5.71%), Vitamin B5: 0.45mg (4.55%), Calcium: 44.97mg (4.5%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.4mg (2.69%), Selenium: 1.49µg (2.13%), Vitamin B3: 0.34mg (1.71%)